

ABSTRACT OF THE DISCLOSURE

5 An exercise system for allowing a user to increase endurance,
power, speed, quickness, and overall body conditioning. The
exercise system includes a body member that is adapted to snugly
fit around a portion of a user. A plurality of pockets is coupled to
the body member. Each of the pockets has a flap that is secured to
10 a front panel of each the pockets such that the flap is for closing
each of the respective pockets. A plurality of weight members each
are selectively insertable into each of the pockets such that the
weight members are adapted to change the weight resistance against
the muscles of the user when the body member is fitted around a
15 portion of a user.